



Basil Butter Orzo

READY IN



45 min.

SERVINGS



10

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups lightly basil leaves fresh packed
- 0.3 lb butter
- 4 oz capers drained
- 0.8 pound cherry tomatoes rinsed cut in half if wider than 3/4 in.)
- 0.3 pound feta cheese crumbled
- 2 cloves garlic chopped
- 1 pound orzo pasta dried
- 0.5 lb bell pepper red
- 0.5 lb bell pepper yellow

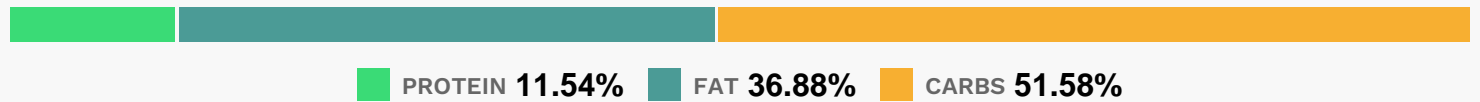
Equipment

- food processor
- frying pan

Directions

- In a 5- to 6-quart pan over high heat, bring 3 quarts water to a boil.
- Add orzo and cook just until tender to bite, about 10 minutes.
- Drain orzo and return to pan.
- Meanwhile, rinse peppers; stem, seed, and finely chop.
- In a food processor, puree butter, basil, and garlic.
- Add butter mixture to orzo. Stir over medium heat until butter is melted and pasta is hot.
- Stir in peppers, tomatoes, cheese, and capers.
- Pour onto a rimmed platter and serve hot, warm, or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.1, Glycemic Load:14.1, Inflammation Score:-9, Nutrition Score:15.874347865582%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 14.91mg, Kaempferol: 14.91mg, Kaempferol: 14.91mg, Kaempferol: 14.91mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 20.1mg, Quercetin: 20.1mg, Quercetin: 20.1mg, Quercetin: 20.1mg

Nutrients (% of daily need)

Calories: 302.34kcal (15.12%), Fat: 12.53g (19.27%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 39.43g (13.14%), Net Carbohydrates: 36.62g (13.32%), Sugar: 3.07g (3.42%), Cholesterol: 10.09mg (3.36%), Sodium: 558.28mg (24.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.64%), Vitamin C: 79.75mg (96.67%), Selenium: 30.86µg (44.09%), Vitamin A: 1580.9IU (31.62%), Manganese: 0.57mg (28.35%), Vitamin K: 20.05µg (19.1%), Phosphorus: 151.49mg (15.15%), Vitamin B6: 0.26mg (13.01%), Copper: 0.25mg (12.32%), Fiber: 2.8g (11.21%), Vitamin B2: 0.18mg (10.51%), Magnesium: 41.24mg (10.31%), Folate: 37.73µg (9.43%), Calcium: 88.65mg (8.87%),

Potassium: 300.6mg (8.59%), Vitamin B3: 1.6mg (8.01%), Zinc: 1.18mg (7.88%), Iron: 1.41mg (7.83%), Vitamin E: 1.1mg (7.33%), Vitamin B1: 0.09mg (6.32%), Vitamin B5: 0.48mg (4.83%), Vitamin B12: 0.2µg (3.38%)